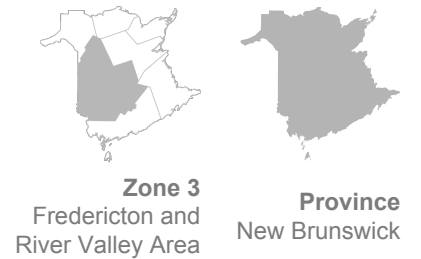


PRIMARY CARE SURVEY

# Needs of New Brunswickers



## Health status

### Quality of life

Perceived health, very good or excellent %   2023	38.0	38.3
Perceived mental health, very good or excellent %   2023	37.4	42.6

### Prevalence of chronic health conditions

Based on this list of chronic health conditions: arthritis, asthma, chronic pain, emphysema or COPD, cancer, diabetes, depression, mood disorder other than depression, heart disease, stroke, high blood pressure, gastric reflux

No chronic health condition %   2023	31.0	32.2
One or more chronic health conditions %   2023	69.0	67.8
Three or more chronic health conditions %   2023	24.4	24.9

Zone 3 Fredericton and River Valley Area	Province New Brunswick
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### Types of chronic health conditions (physical health)

Hypertension %   2023	25.9	29.0
High cholesterol %   2023	18.5	21.7
Chronic pain %   2023	19.1	20.2
Arthritis %   2023	20.4	21.2
Gastric reflux %   2023	18.0	19.6
Diabetes %   2023	11.2	12.2
Asthma %   2023	15.4	12.4
Cancer %   2023	8.5	8.8
Heart disease %   2023	8.8	9.5
Emphysema/COPD %   2023	2.7	2.8
Stroke %   2023	1.7	2.2

### Types of chronic health conditions (mental health)

Anxiety %   2023	25.7	24.6
Depression %   2023	22.9	19.8

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Mood disorder (other than depression) %   2023	5.7	4.2
<b>Management of chronic health conditions</b>		
Confidence in managing their health conditions, very confident %   2023	30.2	33.7
<b>Medications</b>		
Has a chronic health condition and takes 6 or more different medications on regular basis %   2023	15.0	17.4
... Knows what their prescribed medications do, strongly agree %   2023	41.7	47.8
<b>Mental health and substance use services in the last 12 months</b>		
<b>Need for care</b>		
Felt the need to talk to a health professional %   2023	26.7	22.3
...But did not (perceived unmet need) %   2023	36.6	33.7
<b>Reasons for perceived unmet need</b>		
Wait time for services was too long %   2023	53.6	55.0
Thought the problem would go away on its own %   2023	62.1	54.5
Did not know how or where to get help %   2023	57.3	52.7

	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
Was too busy %   2023	<b>40.2</b>	<b>43.7</b>
Services not available at a convenient time %   2023	<b>46.5</b>	<b>43.0</b>
Could not afford the cost or insurance did not cover enough %   2023	<b>37.3</b>	<b>40.9</b>
Services not available in area %   2023	<b>39.3</b>	<b>37.0</b>
Was concerned about what others would think %   2023	<b>27.8</b>	<b>27.3</b>
Other reasons %   2023	<b>29.6</b>	<b>26.0</b>
<b>Experience with mental health and substance use services</b>		
Satisfaction with services received, somewhat or very satisfied %   2023	<b>78.2</b>	<b>77.9</b>

## About this Table

### Content and description

Data on self-reported information regarding the needs of New Brunswickers. Topics include self-reported health status as well as the needs and perceived unmet needs for mental health and substance use services.

### Why it is important

The results from the Primary Care Survey allows the NBHC to inform citizens and health system stakeholders about the quality of primary health care services from citizens' perspectives. This information can be used to make future improvements to primary health care in the province.

### Availability of the data

The information for this data table is available at different geographical levels as well as by demographic groups. More information is available on our [Primary Care Survey](#) page.

### Note about demographic groups


In 2023, the NBHC undertook a review of the demographic questions in its surveys to more accurately report on the experience of citizens who identify with particular groups. As such, starting in 2024, all demographic groups (characteristics) have been adjusted to reflect this change. Data tables and indicator pages were adjusted to allow for trending where applicable.


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### Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size

 Above-average performance

 Below-average performance